

Eating for Health, Mental Performance and Wellbeing

A professional and affordable one-day Conference on

Wednesday, 6 May 2009

at The Carlton Hotel, North Bridge, Edinburgh EH1 1SD

What influence does the food we eat have on our brains?

How does the modern diet impact on our mental performance and wellbeing?

Children's behavioural, learning and mental health problems are rising as fast as rates of obesity and diabetes, while many people are feeling tired, agitated and depressed – so what's going on?

Can better informed food choices and dietary intervention reduce these symptoms and really make a difference?

Hear the latest evidence on the links between diet, brains and behaviour – and what practical steps can be taken to encourage healthy eating

- **Dr Alex Richardson** (Director FAB Research; Senior Research Fellow, University of Oxford; author 'They Are What You Feed Them') *'Food and Behaviour: An Overview'* and *'Omega-3 for behaviour, learning and mood. Latest evidence and implications for practice'*
- **Professor Malcolm Peet** (Consultant Psychiatrist; NHS consultant) *'Food and Mood: Dietary Factors in Depression'* and *'An Early Intervention Programme for Mental Health Problems'*
- **Dr Gordon Bell** (Project Leader of Nutrition Group, University of Stirling) *'The potential for intervention using fatty acid supplements in autism'*
- **Dr Tom Gilhooly** (Glasgow-based GP and Medical Advisor) *'Chronic fatigue and depression'*
- **David Rex** (Child Health Dietitian NHS Highland & Healthy Eating in Schools Co-ordinator) *'Encouraging healthy eating in schools: practical tips'*
- **Barbara Jessop** (Development Worker, Greengables Nursery School, Edinburgh) *'Food for Tot Initiative'* (a project aimed at helping families to develop the skills and knowledge they need to make informed dietary choices for their families)
- **Scheduled time for questions and discussion with all speakers**

Who should attend:

Education Professionals | Health Professionals | Local Authority Staff | Social Workers | Policy Makers | Caterers | Criminal Justice System | Voluntary Organisations | Parents | Carers | Media

EARLY BIRD Extended – SAVE 15%

Book and pay by Friday, 24 April 2009

Organisations & Professionals: £160 or **Early Bird £136 if paid by Fri, 24 Apr 09**

Voluntary Orgs & Social Enterprise: £112 or **Early Bird £95 if paid by Fri, 24 Apr 09**

FAB Associate Members (Existing members only) - £80

Concessions and Group Booking Rates available – please ask. Tel 01463 667318

Book and pay online at www.fabresearch.org or complete attached booking form and post to the address below with your remittance. If you require an invoice, please obtain a purchase order number from your finance dept.

Organised by:



Food and Behaviour Research

The Green House, Business Park North, Inverness IV2 3BL

Tel: 01463 667318. Further information at www.fabresearch.org

Booking Form *(separate form per delegate please)*

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Wednesday, 6 May 2009

The Carlton Hotel, North Bridge, Edinburgh EH1 1SD

Registration 9am-9.25am / Conference 9.30am-4.30pm / Lunch and refreshments included

Purchase Order Number <i>(if applicable):</i>	
Delegate Name:	
Position/Job Title:	
Name of Organisation:	
Address 1:	
Address 2:	
Address 3:	
Town/City:	
County:	
Postcode:	
Contact Telephone Number:	
Contact Email Address:	
Dietary/Access Requirements:	

TYPE	Rate Applicable	Please tick
Private Sector and Central Govt:	Full rate £185	
	Early bird - £157 <i>(if booked and paid by 24 Apr 09)</i>	
Organisations and Professionals:	Full Rate £160	
	Early bird - £136 <i>(if booked and paid by 24 Apr 09)</i>	
Voluntary Organisations and Social Enterprise:	Full Rate £112	
	Early bird - £95 <i>(for booked and paid by 24 Apr 09)</i>	
FAB Associate Members:	Existing Members Only £80	

Please complete and post with your remittance to FAB Research, The Green House, Beechwood Business Park North, Inverness IV2 3BL. Cheques should be made payable to Food and Behaviour Research. If you require an invoice to be sent to your organisation/school please complete this form and email to admin@fabresearch.org with details of where invoice should be sent or telephone 01463 667318.

Cancellation Policy. Cancellations confirmed in writing 7 days prior to the event will be refunded minus an administration charge of 15%. We regret that no refund can be made after that date, for whatever reason, although substitutions will be accepted if notified in writing before the event. Bookings made less than 7 days prior to the event are non-refundable.